

boys do not develop in mind and body like other boys.

4. Another very bad habit is the use of what we call "slang." Do you know what that means? When you say, "You bet," that is using slang, and boys and girls should avoid its use.

5. Other bad habits are carelessness, thoughtlessness, forgetfulness loafing, profanity, disobedience, "in a minute," laziness, dishonesty, staying out of church and Sunday-school. (Let the leader name others.)

6. One of the nastiest, ugliest, most disgusting and unlady-like habits is *that of chewing gum*. Discard the use of gum.

Good Habits

Of good habits there are as many as there are bad habits, for every bad habit has its good one also. Attending church and Sunday-school regularly is a very good habit. To be prompt is a good habit. Add others to the following: Industry, honesty, obedience, helpfulness, kindness, reading God's word, prayer, etc.

Fruits Instead of Candy

Dear Boys and Girls: Do you ever buy candy? Perhaps most children do, as about all of them like it, and the only trouble is that they eat too much candy. Do you know that children, as well as boys and girls, and big people too, would be much better off if they would eat no candy at all? Yes, they certainly would. Young people foolishly imagine that by eating flavored candy they may sweeten their breath, but that is a mistake. All kinds of candy have a tendency to make one a bad breath, as it sours the stomach, and depraves the appetite. Here is an item from the *New York Times* which will interest you. Read it carefully:

"I wish," said the doctor the other day as he watched a group of schoolchildren troop out of a candy store, where they had been spending their pennies, "that I could form a society among little folks in which each member would take a pledge to spend all his pocket-money for fruit instead of candy."

It seemed a funny way of putting it, didn't it? But the physician was very much in earnest, and at that moment it probably occurred to him that, as children like clubs, an anti-candy club would be a very good one for them. He wanted to do two things—to stop their eating the unhealthful sweet, and to coax them to eat more fruit. An apple or a banana or an orange can usually, one or the other of them, be bought for the price of a little candy, and the fruit is much better in every way than the sweet.

Our Young People

HABITS

Prov. 6: 6-11; 12: 14-25; Luke 4: 16

Topic for April 24

When a farmer wants a crop of corn he does not look wistfully at the ground and wait for its coming, but plants the seed and destroys the weeds and stirs the ground, and nature does the rest. Even so we do not obtain happiness by seeking it directly, but by doing the definite things which result in happiness, and we do not obtain good and stable character by willing it directly, but by the patient, plodding through the slow, daily routine of duty, which, by and by becomes reflex and enables us to do easily and joyfully the things which at first required much thought and

care. Just as the astronomer moves the machinery of his mighty telescope so that the star may shine down through it and imprint its image upon the camera, so we by the machinery of good habits in church duties and personal way of living, hold ourselves in touch with God whose image thus forms in us. II Cor. 3: 18. "But we all, beholding as in a mirror the glory of the Lord are transformed into the same image, from glory to glory, even as from the Lord the spirit." The transformed life is not the result of struggle, for we cannot make one hair white or black, much less add a cubit to our spiritual stature, but by care of the details of daily living we give the spirit a chance to work the transformation in us.

SCRIPTURE LIGHT

1. The power of good habit, Prov. 22: 6, of bad habits, Jer. 13: 23.
2. How habit is formed, Isa. 28: 10; II Peter 1: 5-10.

SOME GOOD HABITS URGED

3. In worship, Dan. 6: 10; Ps. 55: 17; Heb. 10: 24; Luke 4: 16.
4. Seeking peace, Ps. 34: 14; Rom. 14: 19; Eph. 4: 3; I Thess. 5: 14.
5. Minding one's own business, I Thess. 4: 11-13; Jas. 3: 18.
6. Neatness, I Cor. 14: 40.
7. Punctuality, I Cor. 16: 2, 3.
8. Industry, Rom. 12: 11; Prov. 6: 6-11; Prov. 22: 29; II Thess. 3: 10-12.
9. Constancy, Gen. 49: 4; Ps. 57: 7.
10. The end of constancy—stability, Rev. 3: 12. Quote scriptures teaching other good habits.

TOPICS FOR TWO MINUTE TALKS

1. Wherein lies the value of habit?
2. What are some bad habits? Why are they bad?
3. Show the value of a pledge in the formation of habit.
4. How does family worship aid right habits?
5. What is one great value of committee work?
6. What are some good habits for King's Children and Christian Endeavorers to form, as to reading, amusements, use of evenings, participation in meeting, punctuality, etc., etc.? Why are these habits important?
7. How can a bad habit best be broken?

C. F. YODER.

Habits—Good and Bad

It is not meant that the same habit is either good or bad or that it is both good and bad, but that there are only *two* kinds of habits, good habits and bad habits. The lesson affords a splendid opportunity to teach the young the power of evil habits which like a canker eat away the very life and manhood of our young people. Let us enumerate some of the habits which every one should carefully avoid. If you already have any of these habits shake them off as Paul did the viper into the fire for their bite means sure death:

1. The use of strong drink.
2. Chewing tobacco.
3. The habit of smoking cigars.
4. The smoking of cigarettes.
5. The habit of chewing gum.
6. Using profane language.
7. Other bad habits are: Lying, dishonesty, tardiness, carelessness, loafing, abuse of the Sabbath, the use of slang, etc. This is the negative side, let the leader furnish a list of good habits, and place them side by side on the blackboard with these evil habits.

The more shallow the soil, the larger the crop of personal want.

Helpful Suggestions

Forward.

Little habits may dwarf great souls.

Habits either help or hurt. We can have no neutral habits. Either they are elevating and beautifying or else they are degrading and marring.

Habits either chain us to sin or bind us to God.

Where the spirit of Christ is, there are habits of winsomeness and worth.

Pluck and prayer can overcome any habit.

There is no antidote for the habit of anger like the habit of prayer.

The habit of selfishness may be crowded out by the habit of thoughtfulness.

The habit of Bible study provides the soil for the growth of other good habits.

Habits that are deliberately formed are worth more to us than the habits into which we drift. Good habits that have been forged by thoughtful intention and constant attention represent not only the gain of good habits themselves, but of a moral victory as well.

Good habits are as easily formed as bad. It requires no more effort of will to grow into the custom of doing noble and beautiful things than it does to become the slave of disagreeable habits. We are slow to recognize the truth, tho it is the truth, nevertheless, that the habit of benevolence, for instance, is as easily formed as the tobacco habit.

Every woman owes it to herself and the world to be a perfect lady; every man is under obligation to show himself a faultless gentleman. To that end each should cultivate the little refinements of conduct, the graces of speech and bearing, the gentle tactfulness of demeanor that are the delicate manifestations of inward beauty. Jesus was the finest gentleman the world has ever seen, and by his thoughtfulness of speech and manner the loveliness of his spirit was often revealed. Let us not despise the amenities of life. Rightly used they may be made ministers of Christ.

THOUGHTS FOR YOUNG PEOPLE

Selected.

When Jonn Newton was in his declining years he wrote; "When I was young I was sure of many things. There are only two things of which I am sure now; one is that I am a miserable sinner; and the other, that Christ is an all-sufficient Savior. He is well taught who gets these two lessons." And yet there are many wise in the wisdom of the world who have not learned these two simple truths. Have you learned them? They are worth more than any other wisdom. There will come a time when they will be worth more to you than all the world's philosophy or all the world's gold.

"If I wanted to advertise myself as an intellectual pauper and as a person of weak character," said a shrewd business man, "I'd take up with the habit of swearing. When I meet a man who does not know enough English to express his thoughts, even on the most ordinary occasions, without resorting